Oster®



MODEL/MODELO
MODÈLE/MODELO **3165**

Instruction Manual & Recipe Booklet
OSTER® JUICE EXTRACTOR

Manuel d'Instructions et Livre de Recettes
OSTER® CENTRIFUGEUSE

Manual de Instrucciones y Libro de Recetas
OSTER® EXTRACTOR DE JUGO

Manual de Instruções
OSTER® JUICE EXTRACTOR

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

- **READ ALL INSTRUCTIONS.**
- To protect against risk of electrical shock, do not put motor base in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use, before putting on or taking off parts and before cleaning.
- Avoid contacting moving parts. Keep fingers out of discharge opening. Never operate without Pulp Container.
- Always make sure Juicer Cover is clamped securely and Pulp Container is in place before motor is turned on. Do not unfasten clamps while juicer is in operation.
- Be sure the switch to “OFF" position after each use of your juicer. Make sure the motor stops completely before disassembling.
- Do not put fingers or other objects into the juicer opening while it is in operation. Never feed food by hand- always use Food Pusher. If food becomes lodged in opening, use Food Pusher to push it down. When this method is not possible, turn the motor off and disassemble juicer to remove the remaining food.
- Do not use outdoors.
- Do not let cord hang over edge of table or counter, or touch hot surfaces.
- Do not leave Juice Extractor unattended while it is operating.
- Cutting teeth are sharp; handle Juicing Basket carefully.
- The use of attachments not recommended by the appliance manufacture may cause fire, electric shock or injury.
- Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions, or it is dropped or damaged in any manner. Return the appliance to the nearest authorized service facility for examination, repair, or electrical or mechanical adjustment.

This Unit for Household Use Only

FOR PRODUCTS PURCHASED IN U.S. AND CANADA ONLY:

This appliance has a polarized alternating current plug (one blade is wider than the other). To reduce the risk of electric shock, as a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not insert fully in the outlet, reverse the plug. If it still fails to fit, contact a qualified electrician.

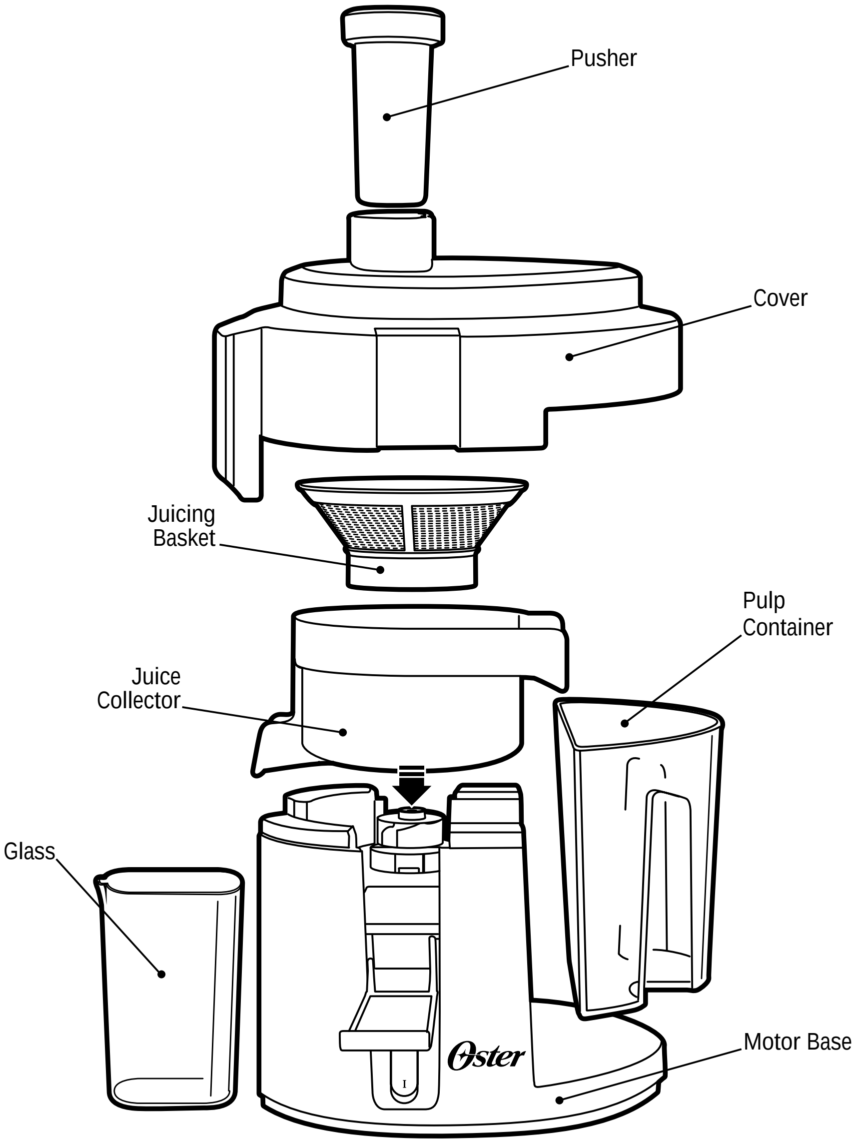
DO NOT ATTEMPT TO DEFEAT THIS SAFETY FEATURE.

SAVE THESE INSTRUCTIONS

Self-Contained Juice Extractor

After unpacking, disassemble unit before using the first time. Wash all parts except Motor Base in hot, soapy water. Rinse and dry immediately.

DO NOT PUT ANY PART IN AUTOMATIC DISHWASHER



DO NOT IMMERSE MOTOR BASE IN WATER

HOW TO USE

NOTE: Juice Extractor should be completely assembled before use.

- Make sure the switch is in OFF position. Insert plug into a wall outlet. Use only voltage specified on bottom of unit.
- Clean fruits and vegetables thoroughly. Remove stems, large pits, stones and seeds from apricots, grapes, plums and peaches. Apples may be processed with peelings and seeds. Thick-skinned fruits such as pineapple should be peeled. Remove the white lower skin of citrus fruit and the seed-lobes of paprika as these leave a bitter taste. This will minimize collection of pulp and improve taste of juice. All fruits and vegetables should be cut into pieces to fit into Cover opening.
- Form leafy vegetables into compact balls or rolls and feed into Cover opening.
- Make sure that the Juicing Basket revolves properly before placing the ingredients in the Juice Extractor. It is normal for pulp to build up somewhat on the Cover around the Juicing Basket when moist and leafy fruits and vegetables are juiced.
- Turn unit on. A clicking sound is normal as the Juicing Basket begins turning. Place food into Cover opening slowly and steadily, using the Food Pusher. Do not force the food into the Juicing Basket. This can cause basket to shift and result in plastic shavings getting into the juice.
- When processing moist, leafy vegetables, the area between the basket rim and pulp storage area may become clogged. If unit becomes clogged or vibrates excessively, switch to OFF position, unplug cord, and allow Juicing Basket to stop completely. Simply loosen Cover latches, remove Cover, and push pulp into storage compartment or empty completely. Replace Cover and fasten with Cover latches. You are now ready to process another quantity of juice.
- If a very large amount of juice is being made, and the pulp storage area becomes filled, switch to OFF position, unplug cord and allow Juicing Basket to stop completely. Empty Pulp Container and reassemble. You are now ready to process another large quantity of juice.

CAUTION: UNPLUG BEFORE CLEANING AND BEFORE ASSEMBLING OR REMOVING PARTS. ALWAYS USE FOOD PUSHER TO AVOID INJURY.

CARE AND CLEANING

- DO NOT WASH THE MOTOR BASE IN WATER. After use, unplug cord and disassemble unit and wash each part with a mild detergent and warm water. Rinse well. Remove pulp from Juicing Basket with rubber scraper before washing. Use a soft, damp cloth to wipe the motor base.
- After washing, dry all the parts, reassemble and store.
- **Do not wash any parts in an automatic dishwater.**
- Do not use scouring pads, abrasives, steel wool, acetone, alcohol, etc.
- Some foods, such as carrots, may stain plastic parts. A paste made from baking soda and water may remove surface stains.
- Any other servicing required should be performed by an authorized service facility.

JUICING TIPS

- Apricots, bananas, peaches, pears, melons and strawberries are soft-textured fruits. The juice that is extracted from these fruits is very thick and is known as nectar. It is best to alternate processing of these juices with thinner juices, such as carrots, apples, etc. Process soft-textured fruits first, followed by firmer fruits and vegetables, in order to insure maximum removal of thick nectar.
- Parsley, spinach and watercress yield very rich thick juices. They are very strong-flavored and taste best when combined with other fruits or vegetables. Process these thick, strong-flavored vegetables first, followed by firmer fruits and vegetables, in order to insure maximum removal of thick juice.
- One pound of raw produce usually yields one cup (250 ml) of juice.
- Add a few teaspoons of lemon juice or ascorbic acid powder to your juice container before juicing to keep juices from discoloring.
- Serve juices immediately, since the vitamin content decreases when juices are stored. If it is necessary to juice fruits and vegetables some time before serving, cover container tightly and refrigerate. Do not store more than 48 hours, unless canning or freezing.
- The flavor, color and consistency of canned juices will be different from freshly juiced foods.
- Substitute fruit or vegetable juices for stock or water in cooking.
- Some pulp remaining in juice is normal. It increases the juice’s flavor and nutritive value.
- Potato juice can be used in place of cornstarch or flour in thickening.
- Vegetable juice mixed with carrot juice will produce a sweeter vegetable flavor.
- Should you wish to prepare large quantities of fruit and vegetable, be sure to check Pulp Container after processing 2 pounds (1 kg) of food. For best results empty Pulp Container when it is filled near the top.
- For those who wish a clear juice, filter through layers of cheesecloth. Cheesecloth is also helpful to remove any juice clinging to the pulp of moist foods. Just squeeze out additional juice.

NOTE: Do not use raspberries in this unit.

When the small seeds of the berries hit the teeth inside the basket, they split the seed and create a bitter taste. The end result juice will not be satisfactory. Although it looks as if the seeds are being processed successfully, they are really getting caught below the basket. This will cause the juice to back up and spill over the motor.

It is not recommended to juice citrus fruits in this unit. They tend to foam from the citric acids they contain and spill onto the motor base.

THIS PRODUCT IS FOR HOUSEHOLD USE ONLY

Guide for Extracting Juices

Fruit or Vegetable	Approximate Amount	Yield	Fruit or Vegetable	Approximate Amount	Yield
Apples	2 medium	1/2 cup juice	Parsley with stems	2 cups	1 tsp. juice
Apricots	4 medium	1/2 cup nectar	Peaches	2 medium	1/2 cup nectar
Bananas	2 medium	1/4 cup nectar	Pears	2 medium	1 cup nectar
Cabbage	1 pound	1 cup juice	Peppers, green	2 medium	1/2 cup juice
Cantaloupe	1 medium	2 cups nectar	Pineapple	1/2 medium	1/2 cup juice
Carrots	1 pound	1 cup juice	Potatoes	2 medium	1 cup juice
Celery	5 large stalks	3/4 cup juice	Radish	6 ounces	1/4 cup juice
Cranberries	2 cups	1/4 cup juice	Rhubarb	4 large stalks	1 cup juice
Cucumber	1 medium	2/3 cup juice	Spinach	1/2 pound	1/3 cup juice
Grapes, seedless	2 cups, stemmed	1 cup juice	Strawberries	2 cups	1 cup nectar
Lettuce, head	5-6 large leaves	1/3 cup juice	Tomatoes	3 medium	1 cup juice
Onions	4 medium	1/2 cup juice	Turnips	3 medium	1 cup juice
Papaya	1 medium	1/2 cup juice	Watercress	1 pound	2/3 cup juice

Vitamin Guide	Bodily Use	Fruits and Vegetables
Vitamin A	Needed for: normal growth; smooth, soft skin; healthy lining of body cavities and glands; strong bones and teeth; steady nerves; vision in semi-darkness.	Green vegetable (thin leaves); yellow vegetable and fruits
Vitamin B Complex	Needed for: growth; healthy appetite; good digestion; normal functioning of nerves, heart, and circulatory system; prevention of fatigue; healthy skin.	Kale, broccoli, cabbage, cantaloupe and strawberries
Vitamin C	Needed for: growth; healthy bones, teeth, and gums; blood regeneration; tissue respiration; healing of wounds; resistance to infection.	Fresh fruits and vegetables: strawberries, tomatoes, cantaloupe, pineapple, berries, rhubarb, peppers, rutabaga, kohlrabi, greens, kale and cabbage
Vitamin D	Needed for: growth; strong bones and teeth; use of calcium and phosphorus.	Sunshine and fish-liver oils mixed with juice combinations for finer flavor
Vitamin K	Normal clotting of blood and prevention of hemorrhage.	Greens, carrots, kale, cabbage and tomatoes

For the most pleasant way to get the valuable nutrients you need each day, look for vitamin-rich refreshments from fresh fruits and vegetables.

Recipes

FLIPPER
1/2 cup (125 ml) melon nectar
1/2 cup (125 ml) apple juice
Yield: 1 Cup (250 ml)

MEDLEY
1 cup (250 ml) carrot juice
2 Tbsp. (30 ml) cabbage juice
2 tsp. (10 ml) celery juice
1 teaspoon (5 ml) spinach juice
Yield: Approximately 1-1/4 Cups (300 ml)

OASIS
1/3 cup (75 ml) strawberry juice
1/3 cup (75 ml) pear nectar
1/3 cup (75 ml) carrot juice
Yield: 1 Cup (250 ml)

VEGETABLE COCKTAIL
1/4 cup (50 ml) carrot juice
1/4 cup (50 ml) tomato juice
1/4 cup (50 ml) parsley juice
1/4 cup (50 ml) radish juice
1/4 cup (50 ml) celery juice
Yield: 1-1/4 Cups (300 ml)

VELVET FRUIT NECTAR
1/3 cup (75 ml) apricot nectar
1/3 cup (75 ml) peach nectar
1/3 cup (75 ml) strawberry nectar
Yield: 1 Cup (250 ml)

FRUIT MEDLEY
1/4 cup (50 ml) apricot nectar
1/4 cup (50 ml) cantaloupe nectar
1/4 cup (50 ml) peach nectar
1/4 cup (50 ml) apple juice
Yield: 1 Cup (250 ml)

APPLE WINK
1/2 cup (125 ml) banana nectar
1/2 cup (125 ml) apple juice
1-2 tsp. (5-10 ml) honey
1-2 tsp. (5-10 ml) honey
Yield: 1 Cup (250 ml)

BUNNY HOP
3/4 (200 ml) carrot juice
1/4 cup (50 ml) pineapple juice
Yield: 1 Cup (250 ml)

SPRING ENERGY
1/2 cup (125 ml) carrot juice
2 Tbsp. (30 ml) cucumber juice
2 Tbsp. (30 ml) mushroom juice
1/4 cup (50 ml) spinach juice
Yield: 1 Cup (250 ml)

ROSY RHUBARB COCKTAIL
1/3 cup (75 ml) strawberry juice
2/3 cup (150 ml) rhubarb juice
2-3 tsp. (10-15 ml) honey
Yield: 1 Cup (250 ml)

HEYDAY

1/3 cup (75 ml) apple juice
1/3 cup (75 ml) melon juice
2-3 tsp. (30 ml) cranberry juice
1 Tbsp. (15 ml) honey

Yield: 2/3 Cups (150 ml)

APPLEBERRY COCKTAIL

1/2 cup (125 ml) strawberry nectar
1/2 cup (125 ml) apple juice
2-3 tsp. (10-15 ml) raw sugar or honey

Yield: 1 Cup (250 ml)

GOLDEN NECTAR

1/2 cup (125 ml) peach nectar
1/4 cup (50 ml) cantaloupe nectar
1/4 cup (50 ml) orange juice

Yield: 1 Cup (250 ml)

TASTY TEASER

3/4 cup (200 ml) cabbage juice
2 Tbsp. (30 ml) carrot juice

Yield: 3/4 Cup (250 ml)

MOONGLOW

1/2 cup (125 ml) apple juice
1/2 cup (125 ml) tangelo juice

Yield: 1 Cup (250 ml)

DOWNBEAT

3/4 cup (200 ml) carrot juice
2 Tbsp. (30 ml) green pepper juice
2 Tbsp. (30 ml) celery juice

Yield: 1 Cup (250 ml)

RAINBOW

2/3 cup (150 ml) pineapple juice
2 Tbsp. (30 ml) carrot juice
1/3 cup (75 ml) orange juice

Yield: 1 Cup (250 ml)

TROPIC SUN

1/2 cup (125 ml) pineapple juice
1/2 cup (125 ml) tangelo juice

Yield: 1 Cup (250 ml)

TOMATO JUICE

Approximately 2 pounds (1 kg) ripe tomatoes per pint

Thoroughly wash firm, red-ripe tomatoes several times. Remove core and blossom ends. Process tomatoes through the Juice Extractor. Salt, sugar and spice may be added to taste during heating. Bring tomato juice just to boil in large saucepan. Skim off foam. Pour into hot canning jars, leaving 1/4" head space. Adjust caps. Process in boiling water bath canner 15 minutes for pints or quarts.

APPLE JUICE

Approximately 3 pounds (1.5 kg) apples per pint

Wash apples thoroughly and remove stem and blossom ends. Cut in half. Process apples through the Juice Extractor. Bring apple juice just to boil in large saucepan. Skim off foam. Pour into hot canning jars, leaving 1/4" head space. Adjust caps. Process in boiling water bath canner 10 minutes for pints or quarts.

NOTE: A clearer juice can be produced by filtering through cheesecloth before heating.

CREAM OF TOMATO SOUP

2 cups (500 ml) tomato juice
(approximately 8 medium tomatoes)
2 Tbsp. (30 ml) butter or margarine
1-1/2 tsp. (7 ml) sugar
1/2 tsp. (2 ml) salt
dash onion powder
dash celery salt
dash pepper
1/4 cup (50 ml) potato juice
2 cups (500 ml) milk

Process tomatoes through the Juice Extractor. Measure 2 cups (500 ml) juice. Put juice, butter, sugar, onion powder, salt and pepper into 2-quart (2 liter) saucepan. Heat over medium heat. Add potato juice to milk. Stir into tomatoes and heat until slightly thickened.

Yield: 4-1/2 Cups (1 Liter)

STRAWBERRY ICE CREAM

2 cups (500 ml) strawberry juice
(approximately 1 quart or 1 liter fresh strawberries)
1/2 cup (125 ml) strawberry pulp
1/2 cup (125 ml) sugar
dash salt
4 eggs, beaten
2 cups (500 ml) whipping cream

Process strawberries through the Juice Extractor. Measure 2 cups (500 ml) juice. Measure 1/2 cup (125 ml) pulp. Set aside. Heat juice, sugar and salt in 2 quart (2 liter) saucepan, stirring occasionally. Pour 1/2 cup (125 ml) juice into bowl containing eggs and mix thoroughly. Stir into juice slowly and continue heating over medium heat. Stir constantly until thickened. Remove from heat. Chill thoroughly. Beat whipping cream into soft peaks. Fold cream and pulp into custard mixture. Turn into ice cube trays or 13" x 9" x 2" (33 x 23 x 5 cm) pan. Freeze 3 - 4 hours or until solid. To serve, break into pieces.

Yield: 1 Quart (1 Liter)

STRAWBERRY COOLER

2 pints (1 liter) strawberries
Water to make 4 cups (1 liter) of juice
3 Tbsp. (45 ml) cornstarch
1/2 cup (125 ml) honey
1/2 lemon, thinly sliced
2 egg yolks

Process strawberries through the Juice Extractor. Measure juice and add water to make 4 cups (1 liter). Mix 1/2 cup (125 ml) of juice with cornstarch and mix well with remaining juice. Pour into saucepan, add honey and lemon slices and cook over medium heat until thickened. Cool slightly, then add to egg yolks gradually, stirring well while adding. Chill thoroughly and serve as a first course or as dessert soup. Garnish with sour cream or unsweetened whipping cream.

Yield: 4 - 6 Servings

DELIGHTFUL VARIATION:

Add rhubarb juice instead of water to strawberry juice and omit lemon slices. More honey may be added if soup is too tart.

1 Year Limited Warranty

Sunbeam Products Inc. warrants to the original purchaser, subject to the limitations and exclusions set forth below, that this product shall be free, in all material respects, of mechanical and electrical defects in material and workmanship from the date of purchase for one year. This warranty does not cover normal wear of parts or damage resulting from any of the following: negligent use or misuse of the product, use on improper voltage or current, use contrary to operating instructions or disassembly, repair or alteration by any person other than an authorized service center.

Our obligation hereunder is limited to repair or replacement, at manufacturer's option, of the product during the warranty period, provided that the product, along with the model number and original dated proof of purchase, is sent postage prepaid, directly to the following address:

For products purchased in the United States:

SUNBEAM APPLIANCE SERVICE STATION
117 Central Industrial Row
Purvis, MS 39475

For products purchased in Canada:

SUNBEAM APPLIANCE SERVICE STATION (KND)
Please call 1-800-667-8623 or email us at
consumeraffairs@consumer.sunbeam.com

Do not return this product to the place of purchase or to the manufacturer; doing so may delay the processing of your warranty claim.

Answers to questions regarding this warranty or for your nearest authorized service location may be obtained by calling toll-free 1-800-597-5978 or by writing to Sunbeam – Consumer Affairs, at P.O. Box 948389, Maitland, FL 32794-8389. Answers to questions regarding this warranty or for your nearest Canadian authorized service location may be obtained by calling toll-free in Canada 1-800-667-8623. For warranty information or for an authorized service location outside of the United States and Canada, please see the warranty service card inserted in the product packaging.

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